

# Wellness

**Wellness** is a framework that can be used in many ways to help us organize, understand, and balance our own human growth and development. Everything we do, every decision we make, every thought we think, and every attitude and belief we hold fits into this framework made up of six basic concepts.

**Social Wellness** involves developing friendships, healthy sexual behaviors, and the ability to interact comfortably with others and generally works for harmony in personal and community environments.

**Intellectual Wellness** is the strong desire to learn from challenges and experiences. It encourages ongoing intellectual growth, and creative yet stimulating mental activities which provide the foundation to discover, process, and evaluate information.

**Spiritual Wellness** is the willingness to seek meaning and purpose in human existence; being open to diverse multi-cultural beliefs and backgrounds. Being spiritually sound enables one to seek out the perfect harmony between that, which lies within one's own spirit as well as with outside forces that coexist.

**Emotional Wellness** is having the ability to acknowledge and accept a wide range of feelings in oneself as well as in others. It is being able to freely express and manage one's own feelings to develop positive self-esteem in order to arrive at personal decisions based upon the integration of one's attitudes and behaviors.

**Physical Wellness** encourages regular physical activities, proper nutrition and health care, such as exercise or sports, and personal hygiene. This type of physical activity discourages dependence on tobacco, alcohol and other drugs (prescription or street).

**Occupational Wellness** focuses on the integration of various components of the wellness framework into planning for a healthy future, such as career, family and future wellness. It develops the understanding that decisions and values may change as new information and experiences are attained.

**Wellness is...**

- a direction in which by its nature, moves us toward a more proactive, responsible and healthier existence.
- the integration of the body, mind, and spirit.
- the loving acceptance of ourselves today and the exciting free search for who we choose to become tomorrow.
- choice living; a compilation of the daily decisions we make that lead us to that person we choose to become.

## **Incorporating Wellness into My Life - Action Plan**

<b>Awareness:</b>	Where am I unbalanced?
<b>Knowledge:</b>	What options do I have?
<b>Decision Making:</b>	What options should I consider?
<b>Planning:</b>	What is the most realistic plan?
<b>Action:</b>	When, where, and how can I take action?



Health Science Building-203  
1300 West Park, Butte, MT 59701